



Discover *MyPlate* in a Year

There are many ways you can schedule the teaching of **Discover MyPlate** curriculum components throughout the school year. The six lessons can be taught as a 6-week unit. It can also be spread out over the year. Below is a sample schedule to show how you can integrate the curriculum into your planning to keep nutrition education in front of students all year long. Note that the **Book Club**, **Cafeteria Connections**, **Dramatic Play Activities**, and **Extra Helpings** in each lesson can be used throughout the year.

MONTH	DISCOVER MYPLATE COMPONENT
AUGUST/SEPTEMBER	<ul style="list-style-type: none"> • Lesson 1: Meet the Five Food Group Friends • Back-to-School Friendship Celebration • Friendship Pocket Look and Cook Activity
OCTOBER	<ul style="list-style-type: none"> • Lesson 2: Discover MyPlate • Halloween & Fall Harvest Celebration <p style="text-align: center;">School Lunch Week</p>
NOVEMBER	<ul style="list-style-type: none"> • Lesson 3: Eat Your Colors! • Crunchy Rainbow Wrap Look and Cook Activity • Thanksgiving Celebration
DECEMBER	<ul style="list-style-type: none"> • Welcome Winter! Celebration • Lesson 1-2 Extra Helpings
JANUARY	<ul style="list-style-type: none"> • Lesson 3 Extra Helpings
FEBRUARY	<ul style="list-style-type: none"> • Lesson 4: Planting the Seeds for Healthier Eating • Valentine’s Day Celebration
MARCH	<ul style="list-style-type: none"> • Lesson 5: Starting Our Day With MyPlate • Fruit-a-licious Breakfast Cup Look and Cook Activity • St. Patrick’s Day Celebration & Dr. Seuss’ Birthday • 100th Day of School Celebration <p style="text-align: center;">School Breakfast Week</p>
APRIL	<ul style="list-style-type: none"> • Swing into Spring Celebration • Earth Day Celebration (April 22) • Lesson 4 Extra Helpings • Celebrate School Library Month with Book Club selections from Lessons 1-4 <p style="text-align: center;">School Library Month</p>
MAY	<ul style="list-style-type: none"> • Lesson 6: Lets Play, Lets Party! • Food Group Friend Look and Cook Activity • Lesson 5 Extra Helpings
JUNE	<ul style="list-style-type: none"> • End of School Year Celebration • Lesson 6 Extra Helpings • Dramatic Play Activities

